

## Back to School

Many families are preparing to send their children back to school. Whether it is in person, online, or a hybrid, this may be causing your family's levels of stress and anxiety to rise. There are steps you can take to ease anxiety for you and your children:



- Organize schedules, school paperwork, etc.
- Set new daily routines
- Before going to bed, plan for the next day
- Talk to your children about how they are feeling
- Reassure them change is inevitable, but there will still be constants in their life

You can find more helpful tips and resources on the [ComPsych® GuidanceResources®](#) page of the SBO website.

Back to school is also a great time to schedule preventive care visits. Not only can they help you stay well and up to date with vaccinations, but they can also detect health issues early for better outcomes. Work with your Primary Care Provider to schedule an appointment today and visit the [Preventive Care](#) page of the SBO website for more information.

## National Recovery Month

This month, we celebrate those in recovery from substance abuse and other behavioral health disorders. This reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. For the best chance of successful recovery, it is important to have a strong support system. In our continued effort to support Group Health Insurance Plan members, the Statewide Benefits Office provides the following resources:

- Highmark Delaware members can access [Amwell or Bright Heart Health](#), telemedicine services offering virtual comprehensive addiction treatment 24/7.
- Aetna members have virtual access to behavioral health treatment through [Teladoc](#) or [AbleTo](#).
- The [Employee Assistance Program](#) offers information and support on coping with addiction.
- The [Behavioral Health/Emotional Wellbeing](#) page offers additional benefit resources and information.

## Flu and COVID-19 Shots

Getting a flu vaccine this fall is important to help protect yourself, your loved ones, and your community against flu illness, hospitalization, and death. When large numbers of the population get flu vaccinations, they help our health care system that is already overwhelmed by addressing Coronavirus Disease 2019 (COVID-19) and other respiratory viruses. For those who have not yet received a COVID-19 vaccination, sites like pharmacies that offer COVID-19 vaccinations can administer the flu vaccine and the COVID-19 vaccine during the same visit. State of Delaware Group Health Insurance Plan members can obtain flu shots and COVID-19 shots at no cost when using their Highmark Delaware or Aetna health plan or CVS Caremark prescription plan at local participating network pharmacies, including Walgreens, Rite Aid, and CVS Pharmacy. Contact your pharmacy before going, as an appointment may be recommended or required to receive vaccines.

Updates on information from the Division of Public Health (DPH) on the 2021-2022 flu season in Delaware will be updated in the coming weeks at [flu.delaware.gov](https://flu.delaware.gov). This year, employees and their dependents (age limits may apply) without insurance or those on Medicaid or Medicare may receive vaccines for flu and COVID-19 at [Public Health Clinics](#). In addition, flu and COVID-19 vaccines are available for all Delawareans, regardless of insurance status, at community-based COVID-19 vaccination events operated by DPH. A list of the community-based vaccination locations operated by DPH staff can be found at [de.gov/getmyvaccine](https://de.gov/getmyvaccine).

Visit the CDC Website for more information on the [flu](#) and [COVID-19](#).



## Did You Know?

Securian Financial offers Lifestyle Benefits for all active State of Delaware employees, their spouses and dependent children 18 years of age or older. These resources are FREE and enrollment in Group Universal Life (GUL) Insurance is not required. Lifestyle Benefits offer legal, financial and grief resources, travel assistance and legacy planning resources. This benefit can assist you with writing a will, phone consultations, passport information, end-of-life planning and much more. To learn more, check out the [Group Universal Life \(GUL\)](#) page on the Statewide Benefits Office website.



## Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in an Aetna health plan. There is no need to register, simply click a link below to attend.

- Fitness During the Workday -  
[September 16, 2021 @ 10:00 am](#)
- Tina's Joyful Kitchen Cooking Class -  
[September 23, 2021 @ 10:00 am](#)

[ComPsych® GuidanceResources®](#) is offering quarterly webinars for new and existing employees/supervisors who want to learn more about the Employee Assistance Program (EAP). These upcoming webinars will be held in September. There is also a webinar on achieving success in work and life. Click on the links below to **register**:

- Supervisor Orientation -  
[September 14, 2021 @ 10:00am](#)
- Employee Orientation -  
[September 15, 2021 @ 10:00am](#)
- Developing Grit - Strategies for Success in Work and Life - [September 21, 2021 @ 1:00 pm](#)

These webinars will be recorded and posted by the day after the live webinar.

## Cholesterol Education Month

Cholesterol is a fat-like substance that is found in your body and some of the foods you may be eating. Although your body cells need cholesterol, it is important to know the two types, HDL (good) and LDL (bad) cholesterol. Having too little of good or too much of bad cholesterol can cause a build-up in the inner walls of your arteries, which can lead to heart disease or a stroke. Here are three things you can do to manage your cholesterol; **check** your numbers, **change** by making healthy lifestyle choices and finally, **control** your cholesterol levels which may include working with your Primary Care Provider (PCP).

Here are some additional tips to follow:

- Eat foods high in fiber and low in saturated fats
- Limit your consumption of alcohol, sugar and salt
- Stop smoking or better yet, don't start
- Adults and children need weekly physical activity
- Maintain a healthy weight

For more information and access to a health coach who can help you manage your cholesterol, visit the [SBO website](#), select your group, and click the icon for your health plan vendor - Aetna or Highmark Delaware.

## Healthy Recipe

Looking for a simple energy-boosting breakfast option? Try the Breakfast Banana Split.

### Ingredients:

- 1 small banana
- 1/2 cup cereal (oat, corn or granola)
- 1/2 cup yogurt (low-fat vanilla or strawberry)
- 1/2 teaspoon honey (optional skip for children under the age of one)
- 1/2 cup pineapple (canned, tidbits or chunks drained)

### Recipe:

1. Peel and split banana lengthwise and place each half in a bowl.
2. Spoon yogurt, cereal, and honey over each banana.
3. Top with pineapple and serve.

Recipe found on [Nutrition.gov](#).

**Hidden Treasures:** Review the information about the Diabetes Monitoring Program on the Livongo® page of SBO's website and email a short description of this service to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, David M. from the Dept. of Safety and Homeland Security!